

Rinconada Masters Spring Short Course Meet

Saturday March 14, 2009

Sanctioned by Pacific Master Swimming Inc. for USMS Inc., Sanction No: # 38-09-05

Location: Rinconada Pool. Embarcadero and Newell Road. Palo Alto.

HWY 101 exit Embarcadero west to Newell. Park on Embarcadero Rd. or turn right on Newell. From 280, exit Page Mill east. Page Mill becomes Oregon Expwy east of El Camino Real. Turn north (left) on Middlefield, east (right) on Embarcadero to Newell.

Facility: 14 lane x 25 yd pool (8 competition, 5 warm-up /down, 1 buffer). Note: Timing system is push button only with no pads. Snack Bar available.

Time: Warm-up 7:30am - 8:45 am. Meet starts at 9:00 am.

Check In: Swimmers in events #1-2 must check in before 8:30 am. All others must check in at least 30 minutes before the estimated start of their event.

Entries: This will be a cardless meet. Swimmers may swim up to 5 individual events.

Option 1 – Online Entry – Due by midnight Wednesday, March 11

Enter at: <http://rincmastersswim.com> to receive immediate confirmation of acceptance via email. The “billing information” email must be brought to the meet as proof of entry. Online entry requires payment by credit card using our secure site. The cost to enter this meet is a \$5.00 surcharge plus \$4.00 per event. In addition the cost of using Online Meet Entries is \$1.00 per swimmer plus 5% of the total entry fees to cover processing. Please note that the processing fee is in addition to the entry fees. Online meet entry fees are paid to Swim Connection LLC. Online Meet Entry is in no way required of PMS swimmers.

Option 2 – Mail In Entry - You **must** use the consolidated entry form in the Pacific Master Swimming newsletter or request an entry form from Bobbie Callison, (See below)

Entry Fees: \$4.00 per event plus \$5.00 surcharge per swimmer; \$10.00 surcharge for late or deck entries.

Entries must be **Postmarked by Friday February 27, 2009, or received by Wednesday March 4, 2009.**

No DECK ENTRIES for 1000 Free. Mail entry, and check payable to Rinconada Masters and a copy of your 2009 USMS registration card to:

Rinconada Spring Meet

(No Refunds)

Bobbie Callison, 450 San Luis Ave., Los Altos, CA 94024 , (650)-948-2339

Awards: Ribbons 1st through 6th in each age group. Special Memorial Awards: Women’s 70-74 Sylvia Bailey Award (400 IM), Men’s 75-79 Willard Johnson Award (1000 Free), Women’s 70-74 Sally Scholer Award (50 Fly), Women’s 80-84 Bernice Silber Award (100 Back) **(Please return award Plaques each year)**

Meet Director: Jim Shaw 650-529-1173

Referee: TBD

Events: (Odd – Women, Even-Men)

All events will be swum slow to fast.

1 2 1000 yd Free

Event #3 will not start before 11 AM.

3 4 200 yd Breast 15 16 50 yd Back Novice *

5 6 50 yd Free Novice * 17 18 200 yd IM

7 8 50 yd Free 19 20 100 yd Breast

9 10 100 yd Fly 21 22 50 yd Fly

11 12 100 yd Back 23 24 400 yd IM

13 14 200 yd Free 25 26 100 yd Free

* - Novices are those with no prior competitive masters experience.

1650 yd Fly

Special-event, records are kept. Entry is free. No online entry. Call in or deck enter. We will swim one heat only (14 lanes), in order of registration. Bring your own counter and timer. Watches provided. Event must be completed within 45mins.